

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

January 15, 2004

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

Rumsfeld outlines DOD priorities, goals for 2004

By Donna Miles

American Forces Press Service

WASHINGTON — The global war on terrorism will remain the Defense Department's top priority in the new year, as DOD continues to focus on improving and modernizing its programs, systems and forces to make them more responsive to 21st century requirements.

Defense Secretary Donald H. Rumsfeld told reporters Jan. 6 during his first Pentagon briefing in 2004 that the department already has made "remarkable progress" and will continue its work to "strengthen, improve and transform forces, modernize and restructure our programs and commands ... and streamline DOD processes and procedures." Rumsfeld laid out an ambitious list of initiatives, many already under way, that he said will help free the department of its Cold War-era trappings that no longer support current demands.

Among these initiatives is the effort to rebalance the active and reserve components throughout the services. Rumsfeld told reporters the global war on terror, with its heavy use of Na-

tional Guard and Reserve troops, underscores the importance of the effort.

"Our experience thus far in the global war on terror, particularly in Iraq and Afghanistan, has shown that we have somewhat of a Cold War mix of active and reserve forces remaining," Rumsfeld said. "And we really do need to adjust it to reflect the circumstances of the day."

Rumsfeld said proposals being drafted by the services "will set a new balance between active and reserve that will fit the 21st century."

Also high on the agenda for 2004, Rumsfeld said, is implementation of the new National Security Personnel System (<http://www.cpms.osd.mil/nsps/>) that took effect with passage of the 2004 National Defense Authorization Act. The new law gives DOD the authority to create a new framework of rules, regulations, and processes that govern the way civilians are hired, paid, promoted and disciplined within the department.

The new system will replace outdated and rigid civil service rules that many said hindered DOD's ability to carry out its national security mission.

"Executed properly," Rumsfeld said, "the new system ... can play a key role in relieving stress on the force."

On a broader scope, Rumsfeld said the military will continue its efforts to adjust global posture during 2004. This initiative involves re-examining the United States' military "footprint" in the world — much of it the result of historic, Cold War threats that no longer exist — and to revise them to meet current demands.

In addition to those at its bases around the world, Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, told reporters the U.S. military has thousands of troops on deployments around the world. This includes roughly 125,000

in Iraq, 13,000 in Afghanistan, more than 2,000 at Guantanamo Bay, Cuba, and more than 1,000 participating in Combined Joint Task Force Horn of Africa.

Meanwhile, Myers said, nearly 35,000 service members are conducting stabilization operations in the Balkans, and about 1,500 are performing counterdrug operations and other training in Central and South America.

Rumsfeld continued to rattle off a virtual laundry list of efforts and initiatives the department will pursue in 2004.

"Going forward, he said, "we will

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Department of Defense begins gathering data for Brac 2005

Submitted by

Department of Defense

On Jan. 6, the Department of Defense has requested commanders of installations in the United States, territories and possessions to gather information about their installations as part of the 2005 round of Base Realignment and Closure (BRAC). The department will use BRAC to reduce unnecessary infrastructure and to increase military capability and effectiveness.

All installations will participate in these calls. While none of the questions or data associated with the questions will be released to the public prior to the department's recommendations being forwarded to the independent Defense Base Closure and Realignment Commission, which will be named by March 2005.

All questions and data will be publicly available once the Commission

receives them.

This data call is only one of many steps in the BRAC process. There will be additional data calls as necessary. Formal data calls are one of the ways the department satisfies its statutory obligations to treat all military installations equally and to make its closure and realignment recommendations based solely upon certified data.

In a related action, the department published Draft Selection Criteria in the Dec. 23, 2003, Federal Register for public comment. The department will use the criteria as part of its evaluation process. Comments are due not later than January 28, 2004. The department's list of base closure and realignment recommendations will be submitted to the independent BRAC Commission no later than May 16, 2005, as required by the legislation.

General information on the DOD's BRAC process is available online at: <http://www.dod.mil/brac/>



Sgt. Nathan K. LaForte

U.S. Marine scout snipers from 2nd Battalion, 3rd Marine Regiment and their counterparts in the Japanese Ground Self Defense Force practice helicopter insertions while wearing cross country skis and poles for deep snow insertions. See Page 9 for more "Around the Corps" photos.

Families are one reason why work is important; ensure each is properly prioritized

By Master Sgt. Allyson C. Hedrick
Marine & Family Services Division SNCOIC

A sense of purpose and belonging offers life meaning and brings passion to your life's work. Choosing to serve our country is at the top of the list of honorable occupational and career choices. President Ronald Reagan once said, "Some people live an entire lifetime and wonder if they have ever made a difference to the world, but the Marines don't have that problem."

Why is this so? Because great achievement is born of great sacrifice and is never the result of selfishness. Simply put, those of us wearing the eagle, globe, and anchor have earned the title "Marine," with it comes the

understanding that the Corps' mission comes first. Our commitment to support and defend our country is a commitment that must be taken seriously for we are obligated to put our lives on the line should we be called to do so.

Family also brings a sense of purpose and belonging into our lives. Balance and harmony modeled at home brings to the family unit what order and discipline brings to the Marine unit. The Corps fully understands that a Marine who has "peace of mind" from trusting that his family is well taken care of and can run smoothly while he or she is away is a Marine who focuses full concentration and effort toward the task at hand. This is why quality of life is empha-

sized and community support such as Marine and Family Services and key volunteer network links are made available. As Marine sponsors, we too have a responsibility to aid our families in adapting to the constant change associated with military life; naturally, it is on a nurturing and intimate level. Together, military families are wise to plan and prepare for the emotional, physical, financial, and spiritual aspects of the military lifestyle. Single Marines, dual military, and Marines with family members who are unable to care for themselves in the Marine's absence are required to establish a family care plan per MCO 1740.13.

Consideration and actions given to these areas minimize stress on both the service

member and his or her family members during times of rapid change.

Emotional family preparedness involves learning to value time together and setting a positive emotional climate which fosters acceptance of separations and long working hours. A happy spouse is a helping spouse, so make it a habit to value, appreciate, and validate your partner often. Genuinely thank your husband or wife for the hard work he or she does on your behalf. Keep your promises! Integrity is just as important at home as it is at work. Integrity keeps you bonded with those you love. Remember, honesty is linked to trust and by keeping your promises you

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MLK Day encourages people to remember, hope and act

By Gunnery Sgt. John Cordero
Public Affairs Chief

Most of my heroes have been dead for more than 200 years. One reason is that the greater distance in time between my heroes and me seems to make admiration easier.

This could be one reason why some people stumble over Martin Luther King Day. Dr. Martin Luther King Jr. is too close, and his faults can still be seen at the distance of only 36 years.

King knew he was not perfect, especially when he was caught in some of his less than admirable behavior, as Stephen Oates touches on in his book "Let the Trumpet Sound: The Life of Martin Luther King Jr." Yet, for all his flaws King is still one of my few heroes of the 20th century.

King was a man committed to live for a great cause, not a great comfort, a cause to see mercy and justice prevail in a prejudiced and pain-filled world.

King was a man who dreamed a dream bigger than him, and his communication of that dream stirred people to care about racial diversity and harmony.

King is one of my heroes because he never ran from pursuing freedom and equality for all people but courageously stood like steel in the face of violent opposition to the point of death.

The third Monday in January is Martin Luther King Day, a day that recognizes King's birthday in Atlanta, Ga., on Jan. 15, 1929, and celebrates his life and legacy. The existence of Martin Luther King Day is very significant in the United States. Arguably nobody in U.S. history was hated and loved by more people than King. His speeches, marches, and countless nonviolent activities designed to overturn the social and legal injustices done to African-Americans outraged many "white" people. Yet his heroic stature among people of all color is ever increasing.

The first thing that comes to my mind when I think of my admiration for King is his "Letter from Birmingham Jail."

In Birmingham, Ala., on April 12, 1963, King led a peaceful demonstration against the racial injustices there. Segregation was

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Just doing my job ...



Photo by Rob Jackson

Benjamin Salazar, switchman with the Transportation Support Branch, Installation and Logistics Department, informs the conductor and engineer to let them know that the switch is made and the cars can be moved to another set of tracks. Salazar has been with the rail crew for a little more than a year.

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

**Confession services
before Mass**

Catholic Rosary

First Saturday of
every month.
3 p.m. at the **Base Chapel**.
For more info call
577-6849.

Nebo Bible Study

Wednesday Noon-1:30p.m.
At the **Chapel Office**.
For more info call
577-6849.



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News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Lunch Menu

Unless otherwise indicated lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus are subject to change.

Today – Sliced roast sirloin of beef, mashed potatoes and gravy.

Friday – Fish.

Monday – Holiday hours 9 a.m. to 2 p.m. with menu service.

Tuesday – Pork stir-fry, Jasmine rice.

Wednesday – Stuffed bell peppers, mashed potatoes and gravy.

Active duty military \$3.25, all others, \$4.75. Lunch is served at the Family Restaurant from 10:30 a.m. to 1 p.m. At the Cactus Cafe from 11 a.m. to noon.

Cactus Cafe serves hamburgers, subs, salads and other line items available for walk in lunch – for other Family Restaurant lunch menu items, call in orders before 9:30 a.m. to the Family Restaurant at 577-6428.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 7:30 a.m. At the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

Family Night Dining

Tonight – Family Night Buffet: Roast Baron of Beef sliced on line, vegetable, three kinds of sauteed squash, mashed potatoes and gravy, rolls, tossed green salad, dessert, plus fountain drink of your choice.

Leave Sharing Program

Danne M. Cline, Badge No. 9275, has been affected by a medical emergency. Anyone desiring to donate leave under the leave sharing program may obtain a leave donor application through his or her division/center administrative officer.

Point of contact is Pat Snyder at 577-7138.

Memorial Service

Individuals unable to attend the Jan. 8 memorial service in the base chapel for former base employee Daniel G. Keirn Jr. may attend other services Friday and Saturday. There will be a viewing from 5 to 7 p.m. followed by a Rosary at 7 p.m. at the St. Phillip-

Neri Catholic Church, located at 25333 Third in Lenwood. Another memorial service is scheduled for 11 a.m. Saturday at the St. Joseph Catholic Church, at 505 E. Mt. View, Barstow. A reception will follow at the Knights of Columbus located at 581 Victor Ave., Barstow.

Blood Drive

A blood drive will be held during National Volunteer Blood Donor month on Jan. 22 from 11:30 a.m. to 3:30 p.m. at Building 44 at Nebo. All donors will receive a Blood Bank 2004 Pocket Planner, and donors who give blood between Jan. 12 and Jan. 31 will be eligible to win a pair of Southwest Airline Tickets to the destination of their choice. For more information, contact Josie Marquez at 577-6483.

Baseball Tryouts

Baseball tryouts for the Team Marine Baseball team are scheduled to be held at the softball field in Area 13 on the main side of Camp Pendleton on Feb. 7 and 14 at 10 a.m. Marines will need to bring their own gear, including baseball pants, cleats and glove.

For more information, contact Gunnery Sgt. Lloyd Dawson at (619) 437-2605 or Cpl. Sterling Bullock at (858) 571-3182.

Water Outages

Due to the ongoing repair of the Nebo water distribution system, there will be water outages scheduld on the dates, times and locations listed below.

Jan. 15 at from 7a.m. to 4:30p.m. at Buildings 343 and 174.

Jan. 22 from 7 a.m. to 4:30 p.m. at Buildings 146 and 232.

Jan. 29 from 7 a.m. to 4:30 p.m. at Building 38.

Feb. 9 from 7 a.m. to 4:30 p.m. at Building 149 and the K-9 building.

Power Outages

Due to the ongoing upgrade of the Nebo electrical distribution system, there will be electrical power outages scheduled on the dates, times and locations listed below.

Jan. 18 from 7 a.m. to 4 p.m. at Warehouse 5.

Jan 19 from 7 a.m. to 4 p.m. at Buildings 226, S-393, 44, and T117.

Jan. 20 and 21 from 7 a.m. to 4 p.m. the following building will be affected: Building 167.

Jan. 25 from 7 a.m. to 4 p.m. at Buildings 290, 322 and the wash rack at B322.

Jan. 26 from 7 a.m. to 4 p.m. at Buildings 38 and 293.

Jan. 27 from 7 a.m. to 4 p.m. at Warehouse 6.

Jan. 28 from 7 a.m. to 4 p.m. at the Nebo Water Plant, S-48, and S-41.

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to clean your car.

CNG Station Closure

The compressed natural gas station, S-196 will be closed for repairs today and Friday. Any questions or comments can be directed to the Public Works Division at 577-6911.

Closure of Stoddard Road

The California Department of Transportation will close Stoddard Wells Road access to Outer Highway 15, the frontage road east of Interstate 15, for 120 days beginning Tuesday. The closure is necessary to reconstruct the Outer Highway 15 frontage road to accommodate the northbound widening of I-15. The detour to access Apple Valley is northbound I-15 to Bell Mountain Wash exit. Proceed east on Stoddard Wells Road. From Apple Valley traveling west, take Stoddard Wells Road. under the I-15 freeway underpass to the Stoddard Wells Road. west frontage road and to the overcrossing. Guide signs will direct motorists of the new traffic patterns.

120 day detour

The California Department of Transportation will detour 28 miles of northbound Interstate 15 traffic into the center median from Stoddard Wells Road in the city of Victorville to Lenwood Road. Traffic will be diverted onto the center median detour lanes beginning Monday at about 9 p.m. to Wednesday at 4 a.m. The detour will be in effect for approximately 10 months and will extend the entire 28 miles of the project limits.

Town Hall Meeting

The January Town Hall meeting was cancelled. Town Hall Meetings are usually scheduled for the 3rd Wednesday of each month and start at 6 p.m. at the Youth Activities Center.

MSG Duty Visit Cancelled

The previously scheduled visit from the Marine Security Guard screening team to the West Coast has been canceled. The visit will be rescheduled later in the year.

City Web site

The City of Barstow's new Web site is now accessible at www.barstowca.org.

The new site will provide a one-stop communication and information tool.

The site provides visitors with a plethora of city-related information, including: access to city council and planning commission agendas and minutes, the latest

city news, community programs and services, access to city staff and elected officials as well as job opportunities.

Site visitors are directed on the home page to areas of interest organized specifically for them as a resident, business or visitor.

Mystery Shoppers

The Marine Corps Exchange is looking for "Mystery Shoppers" to participate in periodic assessments for the exchange operations.

For more information about the Mystery Shopper program visit the Web site at <http://www.conferoinc.com/mccs-mcx.htm>.

Calendar Year 2004 Federal Holiday Schedule

Date	Holiday	Liberty Period
Jan. 19	Martin Luther King Birthday	3-day liberty (Monday) noon Jan. 16 to noon Jan. 20
Feb. 16	Presidents Day	3-day liberty (Monday) noon Feb. 13 to noon Feb. 17
April 9	Good Friday	3-day liberty (Friday) 4:30 p.m. April 8 to 7:30 a.m. April 12
May 31	Memorial Day	3-day liberty (Monday) noon May 28 to noon June 1
July 5	Independance Day	3-day liberty(Monday) noon July 2 to noon July 6
Sept. 6	Labor Day	3-day liberty (Monday) noon Sept. 3 to noon Sept. 7
Oct. 11	Columbus Day	3-day liberty (Monday) noon Oct. 8 to noon Oct. 12
Nov. 11	Veterans Day	4-day liberty (Thursday) noon Nov. 10 to 7:30 a.m. Nov. 15
Nov. 25	Thaksgiving Day	4-day liberty (Thursday) noon Nov. 24 to 7:30 a.m. Nov. 29
Dec. 25	Christmas Day	3-day liberty (Saturday) noon Dec. 23 to noon Dec. 27
Jan. 1	New Years Day	3-day liberty (Saturday) noon Dec. 30 to noon Jan. 3, 2005

Strained back: \$37,000
Broken arm: \$16,000
Working safe: Priceless

People should resolve to be safe in 2004

By Jonathan Moore
Base Saftey Specialist

The New Year is just beginning and many of us have set goals for the New Year or have made many traditional “New Year Resolutions,” but has any one made “working safe” a goal for 2004? Great progress in injury prevention has been made over the years in occupational safety and health, yet we still have on-the-job injuries. As health care costs continue to rise, so do the Federal Employee Compensation Act (FECA) costs that each base must pay. The cost is not only in workers’ compensation but also in lost productivity, medical costs, administrative expenses, time lost by other employees, and in our ability to be competitive.

Working safe emphasizes that everyone in the workplace has a responsibility for health and safety.

Work habits remain the most important area we can focus on for

safe production. With good work habits and housekeeping we can anticipate, identify, assess and control risk in the workplace. As risk is real, measurable and predictable, we have the ability to manage our safety in everything we do, whether at work, home or play. Good work habits start by understanding and following the safety rules and standards in a consistent manner. Good work habits also mean we will be a safety watcher for our co-workers and speak up if we see an unsafe act occur. Let your supervisor, safety committee representative or collateral duty safety officer know if you feel that someone, a work process or shop condition is unsafe. Workers’ Compensation reports that over 90 percent of accidents are of a recurring nature. This shows that most accidents are avoidable if good work habits are followed. Begin the year working safe and set yourself a goal to continue safely working throughout the year.

Manpower traveling team pushes human capital strategy

By Rob L. Jackson
BARSTOW LOG Staff

In a January 2003 White Letter, the commandant of the Marine Corps, Gen. Michael W. Hagee, acknowledged how people are the Corps’ most important asset, specifically its civilian Marine workforce.

Also in the letter, he charged the deputy commandant for Manpower and Reserve Affairs and the Corps’ senior executives to develop a means to significantly enhance the management of the civilian Marine workforce and make the Marine Corps the “employer of choice.” What M&RA came up with, after much research, is a strategic plan titled ‘United States Marine Corps Civilian Workforce Plan,’ which was recently completed and can be found on the USMC Web site.

The commandant also tasked subordinate commands to develop their own action plans to implement the Marine Corps’ campaign plan, according to Debra Hawkins, director, Marine Corps Logistics Command Manpower Office.

The Manpower Office has been working on its action plan for LogCom since the organization stood up in June 2002 and came up with plan called Strategic Management of Human Capital.

Human Capital Management is a new concept utilized by different companies that focuses more on having the right people in the right place at the right time. It is also used as a framework for the Office of Personnel Management and the General Accounting Office strategic plans, said Hawkins.

Hawkins recently presented the Manpower Office’s proposed strategic plan to senior management officials at MCLB Barstow, to include Maintenance Center Barstow and FSDB. She explained that human capital management centers on viewing people as assets whose value to an organization can be enhanced through investment.

“We invest through recruitment, training and contracting,” Hawkins said. “We also want to be able to measure the returns on our investment in human capitol.”

“How do we accomplish this?” Hawkins asks. “Through succession planning; identifying core competencies; assessing employees and identifying the skills needed for today and tomorrow.”

LogCom wants to achieve a diverse, results oriented, high performance workforce, with a performance management system that effectively differentiates between high and low performance, and links individual, team and unit performance to organizational goals and desired results, Hawkins explained.

Hawkins and her Manpower team are currently giving this three-hour Human Capital Management presentation to all LogCom directorates and expects to have the proposed plan ready for the commander’s conference scheduled for later this month.

Anyone who wants to learn more about the Human Capital Management Strategy may visit the OPM Web site; to gain more insight to the Marine Corps Civilian Workforce Campaign Plan people may go to the Marine Corps homepage and click on careers, civilian Marines.

King was a man committed to live for a great cause, not a great comfort

KING from Page 2

deeply rooted in such things as bus seating, schools, parks, restrooms and drinking fountains. In response to desegregation efforts, some people bombed and torched black homes and churches, which caused the city to be dubbed "Bombingham."

One fact that may have prevented people of lesser conviction and character from following their conscience in leading a demonstration was a state-court injunction that prohibited King and other civil rights leaders from demonstrating.

With a wife and four children in Atlanta, King still decided that perceived public disobedience was justified, so he peacefully demonstrated.

King led 50 other people downtown and up to the police line, coming face-to-face with the head of police. King then knelt down in prayer. He and all the demonstrators were subsequently thrown in jail.

On April 16, King read a letter published in the city paper that was written by eight white Alabama clergymen who criticized King for demonstrating.

King responded by writing the "Letter from Birmingham Jail," which King biographer Stephen Oates described as "the most eloquent and learned expression of the goals and philosophy of the nonviolent movement ever written."

The clergymen said King needed to be more patient and not demonstrate. King wrote the following:

Perhaps it is easy for those who have never felt the stinging dart of segregation to say, "Wait." But when you have seen vicious mobs lynch your mothers and fathers at will and drown your sisters and brothers at whim; when you have seen hate-filled policemen curse, kick and even kill your black brothers and sisters; when you see the vast majority of your twenty million Negro brothers smothering in an airtight cage of poverty in the midst of an affluent society; when you suddenly find your tongue twisted and your speech stammering as you seek to explain to your six-year-old daughter why she can't go to the public amusement park that has just been advertised on television, and see tears welling up in her eyes when she is told that Funtown is closed to colored children, and see ominous clouds of inferiority beginning to form in her little mental sky, and see her beginning to distort her personality by developing an unconscious bitterness toward white people; when you have to concoct an

answer for a five-year-old son who is asking: "Daddy, why do white people treat colored people so mean?"; when you take a cross-county drive and find it necessary to sleep night after night in the uncomfortable corners of your automobile because no motel will accept you; when you are humiliated day in and day out by nagging signs reading

"white" and "colored"; when your first name becomes "nigger," your middle name becomes "boy" (however old you are) and your last name becomes "John," and your wife and mother are never given the respected title "Mrs.," when you are harried by day and

haunted by night by the fact that you are a Negro, living constantly at tiptoe stance, never quite knowing what to expect next, and are plagued with inner fears and outer resentments; when you are forever fighting a degenerating sense of "nobodiness" then you will understand why we find it difficult to wait. There comes a time when the cup of endurance runs over, and men are no longer

willing to be plunged into the abyss of despair. I hope, sirs, you can understand our legitimate and unavoidable impatience.

To the charge that he was taking "extreme measures," King responded in the letter with the following:

Was not Jesus an extremist for love: "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you." Was not Amos an extremist for justice: "Let justice roll down like waters and righteousness like an ever-flowing stream." Was not Paul an extremist for the Christian gospel: "I bear in my body the marks of the Lord Jesus." Was not Martin Luther (the German religious reformer) an extremist: "Here I stand; I cannot do otherwise, so help me God." And John Bunyan: "I will stay in jail to the end of my days before I make a butchery of my conscience." And Abraham Lincoln: "This nation cannot survive half slave and half free." And Thomas Jefferson: "We hold these truths to be self-evident, that all men are created equal ..." So the question is not whether we will be extremists, but what kind of extremists will we be. Will we be extremists for hate or for love? Will we be extremist for the preservation of injustice or for the extension of justice? In that dramatic scene on Calvary's hill three men were crucified. We must never forget that all three were crucified for the same crime -- the crime of

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DeCa officials ease ‘mad cow’ concerns

By Bonnie Powell
DeCa News Release

FORT LEE, Va. - Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy (BSE), also known as “mad cow” disease, identified Dec. 23 in a single cow in Washington state.

Since Dec. 23 the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may originate from the infected cow and from cows slaughtered at the same time and location.

“No beef in any of our 275 commissaries worldwide has been involved in a USDA recall,” said Col. Mark Wolken, chief of public health, safety and security for DeCA. “The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution, not fear that the meat is infected. Should the USDA make a determination that there is a danger, DeCA would be first to react to protect the health of our customers,” he said.

Since the first U.S. case of BSE was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary. Questions range from “should I return the ground beef I bought last week?” to “has my commissary received meat from the infected cow?”

The answer to both questions is “no” said

Wolken, an Army veterinarian. “As is always the case, customers who wish to return commissary products for a full refund may do so without question. The brain, spinal cord, and lower intestine - where the protein or ‘prion’ that is believed to cause BSE is found - is not generally used in food consumed by Americans. Those parts were removed from the infected cow before any of it could enter the meat supply.”

USDA investigators have determined that the recalled meat went to a few commercial markets in Alaska, Hawaii, Idaho, Montana and Guam as well as Washington state, Oregon, California and Nevada. “No commissaries received any of those shipments,” Wolken emphasized. “But I can certainly understand customers having concerns and questions. We’re all affected by this - we’re all concerned.”

Mad cow is a fatal disease that destroys the brains of the infected animal. It is caused in cattle by misshapen proteins called prions and is thought to be spread from animal to animal through contaminated feed. A rare form of the disease in humans known as variant Creutzfeldt-Jakob Disease has been linked to the consumption of contaminated beef products. The approximately 140 deaths linked to “mad cow” since the mid-90s have mainly been in Britain.

For the latest developments on the current situation as well as for links to the USDA and other information on recalls and food safety, commissary customers should check the food safety link at <http://www.commissaries.com>.



Photo by Pfc. Jenna Lassandrello

The MCLB Barstow Commissary recently had a make-over. Fresh paint, new signs and isle guides all display the new style. “ We made the changes to make the store more attractive and to make the overall shopping experience more enjoyable,” said Bill McCroy, the Commissary store director.

DOD from Page 1

continue to aggressively pursue the global war on terrorism, strengthening joint warfighting capabilities, transforming the joint force, strengthening our intelligence capabilities (and) strengthening our ability to counter the proliferation of weapons of mass destruction.”

Rumsfeld said DOD also will focus on improving force planning through quality of life,

infrastructure and other modifications, refining and improving the department’s role in homeland security, and streamlining its budget, contingency and other departmental processes

“We have a full agenda,” Rumsfeld said. “It is what President Bush has asked of us. It is what the American people expect of us. And it is work that we intend to proceed with over the coming months of 2004.”

FAMILY from Page 2

not only earn the respect of your spouse but teach the children that there are people who can be trusted and are trustworthy. Don't sacrifice the magical times with your family to just answer a phone. Taking your family to the beach while conducting business over the phone is not quality time!

You may be there physically; but you are not with them mentally, emotionally, or spiritually. Learn to be fully present and live in the moment with your family. Whatever you do, do not exaggerate your workload.

Yes, there will always be a never-ending amount of work to be done. The tasks go on and on and on. However, there are those of us who use work to avoid accepting home responsibilities and lose sight of the fact that family is part of the overall package. There will be times that working overtime is necessary as well as taking work home, but it should not be day after day, year after year. Exaggerating your workload is something like crying wolf. Crying work every day may mean that you lose your family's support at a time when you most need it.

When urgent business does come up that conflicts with family plans, gather the family together and explain the situation. Give them choices, such as reschedule the trip, go without you, or delay the trip until after business is taken care of. When you offer the family choices you give each member

power in the decision-making process and value their membership.

Communication with your loved ones is extremely important. Speak to them with love and kindness. Strive to become a good listener. When we are genuinely listened to we feel as though our spirits have been nourished and feel heard and loved. Many times solutions are not necessary. What is necessary is the heartfelt act of listening. There are times to agree to disagree. Embrace the fact that we all live in our own separate reality.

The way we view the world has been influenced by our unique life experiences.

Therefore, it is okay to be a little different. When we agree to disagree we become more peaceful and less reactive.

Don't sweat the small stuff. You have choices. Make conscious choices. Ask yourself, "What do I value most? A squeaky clean house or my child's education?"

Your choices reflect your values, and for every choice there is a consequence. For example, you may not have a squeaky clean house. However, you have well adjusted and properly educated children. When spills happen, things break, or the spouse accidentally dents your new car, respond to feelings first. Show your family that they are more

important than things. Things can always be replaced, and loved ones are with us for only a short time.

Physical aspects to a balanced family lie in fostering good health and creating an androgynous family lifestyle. Proper hygiene, diet, nutrition, sleeping habits, adequate exercise, and nutritional supplements should be evaluated to see if there is room for improvement. Active measures could ward off depression and reduce the amount of colds and flu the family experience throughout the year. This will of course reduce stress and avoid loss time from work and school. Make mealtime family time. When possible, create great meals together. Exercise together! Get the whole family out to play ball, hike, bike, swim, or do a host of other activities. Regular exercise releases endorphins, which have a calming effect on the brain.

Androgyny may not only be practiced in the kitchen and during sports, but can be taught during household chores. Don't hesitate to teach your children how to cook, clean, iron and make a bed. Our greatest responsibility as a parent is to ensure our children are self reliant independent thinkers. Many of us did not learn these skills until boot camp.

Spouses who find themselves stuck in gender specific roles, or minimizing the importance of their mate's role may want to try mental role reversing. This exercise may bring you to appreciate, appreciate, appreciate your partner!

You haven't taken care of family business until you have put your finances in order.

This means creating a budget and establishing mutually agreed upon short and long-term financial goals with your partner. Be honest with yourselves and separate needs from wants. Keep in mind that material things do not define you or your family. You and your family are worth much more than a brand name! Be respectful to yourself, your family and your money. Take the money you trim from your budget and pay off credit card debt. Start saving. Put money away for both that family vacation and emergencies. Next, develop a plan for retirement through investments such as the Thrift Savings Plan, or a Roth IRA.

Be responsible to those you love. Make sure that wills, trusts, and powers of attorney for finances and health care are in place. Review your insurance policies and keep your Record of Emergency Data updated. Protect these and other important documents such as birth certificates by placing them in a safe place like a fireproof box.

Your family should guard against identity theft; check your credit report

annually. Teach your children well. Children today will inherit a global economy in a highly technical and competitive world. The more they understand money the less fear, hesitation and mistakes they will experience when making their own financial decisions as adults. Piggy banks and passbook savings are an excellent place to start. The spiritual part of us is always present and available. The family that relates spiritually to one another and practices their faith as a divine union draws strength from wisdom and universal truths that run through all religions and philosophies. This distills and sets into motion the intentions of creating a life filled with happiness, meaning, and miracles. When we are connected spiritually we experience harmony and peace, and are in tune with the "voice" within. Worship, pray, and meditate together in your sacred space, your home. This will help you to live from the heart. Find a place of worship with like minded believers. This will give your family uplifting support and strengthen the children to resist outside peer pressure.

Editor's Note:

This is the first of two articles. The next article will include tips on how to balance the work day.

READY, FRONT

Corporal of Marines wins NCO of the Quarter Board

By Lance Cpl. Andy J. Hurt
Editor

At 5 feet, 9 inches tall and a dry weight of about 165 pounds, Cpl. John Henderson is hardly intimidating, until one reviews his service record.

Henderson, along with his high proficiency and conduct marks, first class physical fitness test, and over three years time in the Marine Corps, won the MCLB Barstow Noncommissioned Officer of the Quarter Board recently.

Henderson is a physical security specialist at the MCLB Barstow Provost Marshal's Office.

Henderson was born and raised in the quiet town of Jasper, Mo.

He enlisted in the Marine Corps

Sept. 19, 2000 and attended recruit training at Marine Corps Recruit Depot San Diego. After completing Marine Combat Training at Marine Corps Base Camp Pendleton, Calif., Henderson attended Military Policemen School at Fort Leonard Wood, Mo. His first duty station was at Marine Corps Air Station Iwakuni, Japan, where he earned his Overseas Service Ribbon and Navy Unit Commendation, or "NUC."

While stationed at MCAS Iwakuni, Henderson had the opportunity to demonstrate his



Cpl. John Henderson

outstanding proficiency by taking a Military Policemen of the Quarter board, he said.

Henderson's career took a more interesting turn when he "rotated" back to the states, being stationed at MCLB Barstow.

Henderson reported for duty at MCLB Barstow June 21, 2002.

He successfully performed his duty as a gate sentry, patrolman, patrol supervisor and desk sergeant before he was selected to complete a physical security course, attaining a secondary military occupational specialty, said Maj. Melanie A. Korth, the MCLB Barstow provost

marshal. Henderson has also taken advantage of the off-duty education opportunities here at MCLB Barstow.

In August 2003, Henderson completed his associate of science degree in business administration.

Henderson said he has already started class working toward his bachelor's degree in business. In addition, Henderson has also completed 12 Marine Corps Institute courses and is currently enrolled in four.

Henderson has gained respect from his peers and superiors as well.

"(Henderson's) personal appearance is always outstanding and his military bearing is without flaw," said Korth.

Henderson faced a most

rewarding experience recently in his career when he was commissioned as McGruff, the dog who is constantly taking a "bite out of crime."

The duty requires Henderson to periodically suit up as an investigative crime-fighting dog and meet and greet children at various MCLB Barstow functions throughout the year. It's his favorite part of his job, he said, because "the kids like it."

Maj. Korth summed up Henderson's invaluable daily contributions in supporting the mission of MCLB Barstow and the "warrior ethos" that are the hallmarks of the Marine Corps.

"Cpl. Henderson's leadership traits and motivation reflect an obvious pride in himself, his country and the Marine Corps."

Basic pay for active duty military - effective Jan. 1, 2004

cumulative years of service															
Pay Grade	2 or less	Over 2	Over 3	Over 4	Over 6	Over 8	Over 10	Over 12	Over 14	Over 16	Over 18	Over 20	Over 22	Over 24	Over 26
O-10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12524.70	12586.20	12847.80	13303.80
O-9	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10954.50	11112.30	11340.30	11738.40
O-8	7751.10	8004.90	8173.20	8220.60	8430.30	8781.90	8863.50	9197.10	9292.80	9579.90	9995.70	10379.10	10635.30	10635.30	10635.30
O-7	6440.70	6739.80	6878.40	6988.50	7187.40	7384.20	7611.90	7839.00	8066.70	8781.90	9386.10	9386.10	9386.10	9386.10	9433.50
O-6	4773.60	5244.30	5588.40	5588.40	5609.70	5850.00	5882.10	5882.10	6216.30	6807.30	7154.10	7500.90	7698.30	7897.80	8285.40
O-5	3979.50	4482.90	4793.40	4851.60	5044.80	5161.20	5415.90	5602.80	5844.00	6213.60	6389.70	6563.40	6760.80	6760.80	6760.80
O-4	3433.50	3974.70	4239.90	4299.00	4545.30	4809.30	5137.80	5394.00	5571.60	5673.60	5733.00	5733.00	5733.00	5733.00	5733.00
O-3	3018.90	3422.40	3693.90	4027.20	4220.10	4431.60	4568.70	4794.30	4911.30	4911.30	4911.30	4911.30	4911.30	4911.30	4911.30
O-2	2608.20	2970.60	3421.50	3537.00	3609.90	3609.90	3609.90	3609.90	3609.90	3609.90	3609.50	3609.50	3609.50	3609.50	3609.50
O-1	2264.40	2356.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50	2848.50
O-3E	0.00	0.00	0.00	4027.20	4220.10	4431.60	4568.70	4794.30	4984.20	5092.80	5241.30	5241.30	5241.30	5241.30	5241.30
O-2E	0.00	0.00	0.00	3537.00	3609.90	3724.80	3918.60	4068.60	4180.20	4180.20	4180.20	4180.20	4180.20	4180.20	4180.20
O-1E	0.00	0.00	0.00	2848.50	3042.30	3154.50	3269.40	3382.20	3537.00	3537.00	3537.00	3537.00	3537.00	3537.00	3537.00
W-5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5360.70	5544.30	5728.80	5914.20
W-4	3119.40	3355.80	3452.40	3547.20	3710.40	3871.50	4035.00	4194.30	4359.00	4617.30	4782.60	4944.30	5112.00	5277.00	5445.90
W-3	2848.80	2967.90	3089.40	3129.30	3257.10	3403.20	3595.80	3786.30	3988.80	4140.60	4291.80	4356.90	4424.10	4570.20	4716.30
W-2	2505.90	2649.00	2774.10	2865.30	2943.30	3157.80	3321.60	3443.40	3562.20	3643.80	3712.50	3843.00	3972.60	4103.70	4103.70
W-1	2212.80	2394.00	2515.20	2593.50	2802.30	2928.30	3039.90	3164.70	3247.20	3321.90	3443.70	3535.80	3535.80	3535.80	3535.80
E-9	0.00	0.00	0.00	0.00	0.00	0.00	3769.20	3854.70	3962.40	4089.30	4216.50	4421.10	4594.20	4776.60	5054.70
E-8	0.00	0.00	0.00	0.00	0.00	3085.50	3222.00	3306.30	3407.70	3517.50	3715.50	3815.70	3986.40	4081.20	4314.30
E-7	2145.00	2341.20	2430.60	2549.70	2642.10	2801.40	2891.10	2980.20	3139.80	3219.60	3295.50	3341.70	3498.00	3599.10	3855.00
E-6	1855.50	2041.20	2131.20	2218.80	2310.00	2516.10	2596.20	2685.30	2763.30	2790.90	2809.80	2809.80	2809.80	2809.80	2809.80
E-5	1700.10	1813.50	1901.10	1991.10	2130.60	2250.90	2339.70	2367.90	2367.90	2367.90	2367.90	2367.90	2367.90	2367.90	2367.90
E-4	1558.20	1638.30	1726.80	1814.10	1891.50										
E-3	1407.00	1495.50	1585.50	1585.50	1585.50										
E-2	1337.70	1337.70	1337.70	1337.70	1337.70										

2004 BAH rates for MCLB Barstow - enlisted and officers with dependents

E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	W-1	W-2	W-3	W-4	W-5	O-1E	O-2E	O-3E	O-1	O-2	O-3	O-4	O-5	O-6	O-7
798	798	798	798	899	980	1009	1041	1081	981	1022	1060	1089	1122	1015	1055	1094	908	978	1059	1136	1190	1200	1214

2004 BAH rates for MCLB Barstow - enlisted and officers without dependents

E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	W-1	W-2	W-3	W-4	W-5	O-1E	O-2E	O-3E	O-1	O-2	O-3	O-4	O-5	O-6	O-7
617	617	617	617	671	712	805	915	940	760	914	942	987	1016	899	934	980	698	864	951	1012	1031	1060	1081

Around the Corps in 2003



Photo by Cpl. M. Stew Allen

Two U.S. Marine CH-53E "Super Stallion" helicopters of HMH-361 along with a KC-130 "Hercules" aircraft of VMGR-152 conduct an aerial refueling off the coast of the Republic of the Philippines Oct. 8, 2003 in support of Exercise Talon Vision (Fiscal Year) 2004. The CH-53Es went on to insert U.S. and Filipino reconnaissance Marines into the ocean to conduct amphibious landing training, and the KC-130 performed low-altitude maneuvers before landing at Clark Field. Exercise Talon Vision was a bilateral training exercise designed to improve and maintain the interoperability, combat readiness and professional relationship between the U.S. and Philippine armed forces.



Photo by Lance Cpl. Christopher G. Graham

AN NASSARIYAH, Iraq - Cpl. James Key, from Fontana, Calif., with Headquarters Battalion, 1st Marine Regiment, 1st Regimental Combat Team, looks after a child who became separated from her father and brothers in a firefight between Iraqi soldiers and U.S. Marines outside An Nassariyah March 28. Operation Iraqi Freedom is the multinational coalition effort to liberate the Iraqi people, eliminate Iraq's weapons of mass destruction and end the regime of Saddam Hussein.



Photo by Sgt. Mauricio Campino

CAMP COMMANDO, Kuwait - Marines of 2nd Battalion, 6th Marines, assemble on a berm after a missile impact outside of Camp Commando here March 24, 2003.



Photo by Sgt. Nathan K. LaForte

A fire team from 3rd Battalion, 8th Marines, Super Squad enters a room while ensuring it provides cover until the last man enters. This was part of Military Operations in Urban Terrain training the squad went through at Combat Town, Central Training Area, Okinawa, Japan. The squad from Company L trained non-stop after winning the 4th Marine Regiment's competition in March 2003.



Photo by Lance Cpl. Cory W Yenter

Marines from 2nd Battalion, 3rd Marines, Kaneohe Bay, Hawaii, shot off a few rounds during the live fire at Shoalwater Bay, Queensland, Australia, Sept. 19, 2003, during 2003's Crocodile Exercise. The goal of the Crocodile Exercise was to improve bilateral combat readiness and interoperability between U.S. and Australian armed forces through combined training operations.



Photo by Air Force Staff Sgt. Shane Heiser

Lance Cpl. Jeremy Brewer, from the U.S. Marine Corps 2nd Fleet Anti-Terrorism Security Team (FAST), 5th Platoon, stands guard at an entrance to the Coalition Provisional Authority building in Baghdad, Iraq, Nov. 17, 2003, during Operation Iraqi Freedom.

Gunny’s Picks

Conference Championships



Kay Lundin

Congratulations to Kay Lundin, management analyst, DDBC-G, winner of the playoff round of the Gunny’ Picks who went 4 – 0 and had the closest point spread. Lundin, through her two regular season wins and placing fourth in winning percentage overall, stays near the top of the heap when it comes to picking the games. I may have to ask her who is going to win the Super Bowl so I can head to Las Vegas. Just kidding. The conference championships are this weekend and here are the match ups:

- AFC Championship
Indianapolis* at New England
- NFC Championship
Carolina at Philadelphia*

Note: You must pick total points for each game, Good luck.
To submit your choices for Gunny’s Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Red Wing of Building 15, or e-mail who you think will win each game to editor@barstow.usmc.mil.
Name, work section and phone number: _____

KING from Page 5

extremism. Two were extremists for immorality, and thus fell below their environment. The other, Jesus Christ, was an extremist for love, truth and goodness, and thereby rose above his environment. Perhaps the South, the nation and the world are in dire need of creative extremists.

If King was an extremist, he was an extremist for love and justice; he was a creative extremist who had a beautiful dream.

On Aug. 28, 1963, 34-year-old King stood before the Lincoln Memorial and said, “I have a dream that one day this nation will rise up and live out the true meaning of its creed: ‘We hold these truths to be self-evident: that all men are created equal.’ I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood. ... I have a dream that

my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.”
King pursued and articulated that great dream.
Unfortunately, King’s pursuit was cut short by a nightmarish act of hate.
On April 4, 1968, at 6 p.m., 39-year-old King was shot and killed while standing on the balcony of the Lorraine Motel in Memphis, Tenn., by James Earl Ray, who took aim with a .30 caliber rifle and blew away the right side of King’s face and neck. King died at St. Joseph’s hospital 75 minutes later. The voice of peace and goodwill toward mankind was silenced by the murderous rage of racism.
Those who hated King and his message reportedly cheered when they received the news of King’s death. One FBI agent allegedly said, “They finally got the SOB!”
Some who loved King reacted contrary to King’s nonviolent tactics.

Riots broke out in 110 cities; tens of thousands of federal troops were sent to U.S. cities to “keep the peace”; 711 fires blazed in Washington D.C. alone.
The existence of Martin Luther King Day testifies to the division in the United States today. This memorial day is more than recognition of King’s birth, life and legacy. It’s also a day that cries for justice.
Many things have changed, but some things have not. King’s dream is not yet realized, but there is hope that one day it shall be.
His dream was much bigger than how people of different shades of color behave toward each other. His dream included how people feel and think about each other. Ultimately, his dream encompassed the biblical vision of all God’s children being free to see and savor the glory of the Lord.
That dream and vision will become reality; it’s only a matter of time.



By Jim Gaines
MCCS Publicity

Specials at MCX

Your MCX/Super Seven Store has some great buys this month - check out these specials:

Soft drink special - 12 pack Pepsi or Coke, just \$1.99 (offer good Saturday and Sunday only).

Super Bowl chip special - 11 or 12 oz. bag of chips, regularly \$2.99 to \$3.99 sale priced at just \$2.50.

Coffee Cards - something new! Get your card today - buy five cups of coffee and get the sixth one free.

For more information call the Super Seven Store at 256-8974. The Super Seven Store is open Mondays through Fridays 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m., Sundays 10 a.m. to 6 p.m.

Day Care for children

Full-day and part-day care open-

ings for children 2 to 5 years.

The Child Development Center provides developmentally appropriate care using the teaching strategies of Creative Curriculum.

Creative Curriculum creates environments that build relationships, and offer a variety of experiences that interest and engage children.

Sign your child up now. Call 577-6287 for more information.

MCLB Barstow Smokeout

Are you thinking about quitting smoking, but not sure you're ready to take the plunge?

Maybe the MCLB Barstow Smokeout is for you. It's an opportunity to join with fellow MCLB Barstow smokers in saying "no thanks" to cigarettes for 24 hours!

Here at MCLB Barstow we have designated Jan. 15 as the MCLB Barstow Smokeout. The decision to conduct our

"Smokeout" during this time of year was to have it coincide with those smokers who made it a New Year's resolution to quit!

Marine and Family Services, Semper Fit and the Branch Medical Clinic will be conducting two very informative classes today.

The "Negative Affects of Tobacco Use." The classes will be held at the Base Gym. The times of the classes will be noon to 1 p.m., and 4 to 5 p.m. Along with these classes there will be a booth set up at the Base Gym from 9 a.m. to 6 p.m. with 24-hour survival kits, materials, information, displays and tips to help you stay smoke free throughout the day.

Marine and Family Services, Semper Fit and the Branch Medical Clinic will also be promoting the "Tobacco Cessation" four- week program that will begin Jan. 22.

The rules are simple: You just quit smoking for the 24 hours of the Smokeout. Even if you don't go on to quit permanently, you will have learned that you can quit for a day and that many others around you are taking the step too.

For more information contact Staff Sgt. Joseph Johnson at Marine and Family Services at 577-6851.

Aerobic classes are back

The aerobic classes are back and

held at the Base Gym Mondays and Wednesdays from 6:30 p.m. to 7:30 p.m.

The cost is \$20 per month or a \$2 walk-in fee.

Call 577-6971 for more information.

Prayer Breakfasts

There will be a Martin Luther King Jr. Prayer Breakfast at the Oasis Club starting at 6:30 a.m. on

Monday.

For more information call Marva Johnson at 577-6965.

Tickets, tickets, tickets

ITT has new Disneyland tickets, whale-watching tickets and ski lift tickets for Mammoth, Big Bear and Mountain High.

Call Betty Green at 577-6541 or drop by at the ITT/Bowling Center.

**MCCS
Martin Luther King Jr.
Holiday Hours
Monday, Jan. 19**

The following facilities will be open

**Super Seven Store 10 a.m. to 6 p.m.
(this includes the Gas Station)**

**Family Restaurant 9 a.m. to 2 p.m.
(with menu service)**

Golf Course 7 a.m. to 4:30 p.m.

**All other facilities will be closed
on this holiday**